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Where Do We Find True and Lasting Happiness?

By Dove

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For the longest time I was convinced that I was not happy unless I had a partner to share my life with. I just knew that having someone to share glorious sunrises and romantic sunsets would make me happy. I even came close to marrying someone who made me feel as if I was the happiest person on the face of the earth only to find out that it was not actually him that made me happy.

This is the mistake most all of us make when we are dating and even more so when we have been married and have become accustomed to having someone around all the time then suddenly we are thrust back into this crazy dating world that has changed so much since we were gone that we need to go to Dating College to get educated and learn the lingo not to mention the new rules to even be a player in the game. OK, so you think you know the answers, what makes you happy, what will keep you happy and that special something that will attract you and keep you attracted? I think you are going to be surprised at what I have to say.

The greatest lesson I have learned if I have learned anything in my dating trials and tribulations is that I am the only person on this earth that is responsible for my happiness. The only place that happiness lives forever, with or without a partner is within you. You have the power to create and maintain your own happiness. Love is great to have and share, but in order to share what you have to offer, you must first find that happiness within yourself and the person that sees that happiness in you will want to be part of that happiness.

So you see, the search and the quest for that fulfillment is endless as long as you choose not to look inside yourself. Enjoy the journey, experience what life has to offer, always keeping your happiness in focus, first and foremost. YOU, are the reason for your happiness, let it shine, share it with the world and you will receive that happiness back in your heart ten fold.

Your Friend in Love ~Dove

Dove is a columnist for www.cupidsblackbook.com she is 47 years old and lives in Oklahoma.

The Year Of Happiness

Where Do We Find True and Lasting Happiness?

By Hifzur Rehman

I have decided to declare 2004 as the YEAR OF HAPPINESS for me. What about you? Yes, you can also do so! Anyone living in any part of the world has the right to be happy and enjoy every moment of his/her life. There is no harm in declaring the year 2004 as the Year of Happiness for All Mankind.

You cannot bring happiness to your life unless you decide to be happy. This is the most important decision of your life which you must take now with a firm commitment with yourself. Think, how great you will look, when you will bring smile to your face and happiness to your life.

Once decided to be happy and declare 2004 as the Year of Happiness, you put yourself on the path which leads to a happy, healthy and successful life. You put all your abilities and energies to work for you to bring happiness into your life and you really do not know what wonders you can do. Give yourself an opportunity to prove that you can live a happy life.

If there is one reason to be unhappy, there may be ten reasons to be happy. Why allow unhappiness to overcome happiness. Why not look for opportunities to be happy rather than making excuses to be unhappy. There is absolutely no reason in keeping oneself unhappy over petty things and unrelated matters.

Most patients prolong their illness simply because they do not realize that their condition is improving which is a matter of happiness for them. They rather keep on feeling the pain and complaining. This type of negative attitude of the patients certainly delays the recovery from illness. People must know that happiness is the best medicine which cures many diseases.

I suffered a massive heart attack in March last year while working in my office. An ambulance took me to the hospital in a critical condition. After a few hours, I was back to life (though in the ICU with lot of heart monitoring devices attached to my body). Believe me, that was the most happy moment of my life when I realized that I was alive! The joy and happiness of being alive, eliminated the pain which I was suffering and helped me in quick recovery.

Being alive itself is a matter of joy, excitement and happiness. While you are alive you can do a lot to bring happiness into your life. But the "true happiness" will come to your life only when you will also try to bring happiness into the lives of other people. If agree, then please join hands with me in spreading the message of happiness to as many people as possible by referring this article to your friends, family and colleagues. Also help and motivate them in devising and implementing an Agenda of Happiness.

Let all living men, women and children declare 2004 as the YEAR OF HAPPINESS.

Hifzur Rehman is the author of popular articles on self improvement. He is also the editor of his website

which is a source of great inspiration for all those people who

want to live a happy, healthy and successful life. A visit to his website would open the doors of success

Where Do We Find True and Lasting Happiness?

for you.

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